



2015 Healthy Connections

Kenneth Hahn Hall Of Administration , 500 W. Temple Street, Los Angeles --- Room B-62
Select Thursdays, 12:00pm – 12:50pm

January 15	Ready, Set, Goal – Developing Healthy Habits	Kaiser Permanente
January 29	Cervical Cancer --- What is it?	UnitedHealthcare
February 12	Men's Health -- What Men and Women Need to Know	Cigna
February 19	Healthy Hearts	Anthem Blue Cross
March 19	Understanding Allergies and Asthma	UnitedHealthcare
April 16	Move More – An Office or Home Workout	Kaiser Permanente
May 14	Back in Shape (Back Care)	Anthem Blue Cross
May 21	Women's Health	Cigna
June 18	Healthy Eating for Summer Fun-- Live Food Demo & Samples	UnitedHealthcare
July 16	The Importance of Oral Health	Safeguard , a Metlife Company
August 13	Anger Management	EAP
September 17	Type II Diabetes Prevention	Kaiser Permanente
October 15	Eating for More Energy and Less Stress	Cigna
October 22	Breast Cancer Awareness	Anthem Blue Cross
November 12	Nutritious and Tasty Holiday Recipes – Live Food Demos & Samples	Kaiser Permanente
December 3	Beating The Holiday Blues	UnitedHealthcare

For more information, contact your Department's Wellness Manager